

LOUDOUN COUNTY
DEPARTMENT OF PARKS,
RECREATION AND
COMMUNITY SERVICES

Area Agency on Aging

Director

Dr. Lynn Reid

MAIN NUMBER

703-777-0257

SENIOR SERVICES

Program Manager

Debra Williams

**SENIOR ACTIVITY
CENTERS**

Dulles South

571-258-3883

Leesburg

703-737-8039

**ADULT DAY
CENTERS**

Manager,

Cheryl Flowers

Leesburg

703-771-5334

Manager, Megan Carriere

Purcellville

571-258-3402

ELDER RESOURCES

Program Manager

Kathryn VanCuren

703-777-0257

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Area Agency on Aging 215 Depot Court, SE Leesburg, VA 20175

Silver Star

VOLUME 6, ISSUE 10

APRIL 2011



The Art Workshop Presents..... "Art in the Spring 2011 exhibition"

FREE

**Monday, April 4th, 2011
10:30am - 2:00pm**

You are cordially invited to come and meet this talented group of artists and enjoy their wonderful creations. Light refreshments served.

Dance to the Music of Dean Martin and Frank Sinatra



**Monday, April 18th, 2011
12:30pm**

Dance to the recorded music of Frank Sinatra and Dean Martin. Swoon and Reminisce with a **LIVE PERFORMANCE** from Peggy and Dean. Cost \$3.00 327692



FIND US ON THE WEB AT: WWW.LOUDOUN.GOV/SENIORS-LEESBURG

SENIOR ACTIVITY CENTER AT LEESBURG

215 Depot Court
Leesburg, VA 20175
703-737-8039



NEWS FROM THE LEESBURG SENIOR CENTER ADVISORY BOARD

The Board met on March 3 at 2:00 PM.

Congratulations to Jackie Mayne on winning the quilt raffle in February. Picture this: Jackie all snuggled-up in her quilt on a cold night. Thank you to all who purchased tickets.

The donated jewelry placed in our Curio Cabinets has been very popular with the shoppers. Thank you to all who so generously donated.

Time is creeping up on us for the move-in date to North Street. Thank you to Director Pat Harding for taking the time to provide us with snapshots of the exterior of the building while it is undergoing renovation. The snapshots are located for all to view on the wall outside of the kitchen beside the interior drawing. Notice the good looks of the replacement window panes.

The Nominating Committee presented to the Board the following slate of officers for the 2011/2012 year: President: BJ Pesì, Vice-President: Joy Wheeler; Secretary: Louise Gambino and Treasurer: Al Sowards. Nominations from the floor for these offices will take place at the April 7 meeting.

The next meeting of the Board will take place on April 7 at 2:00 PM

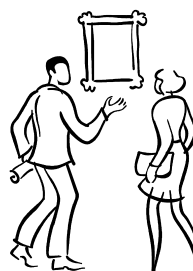


Join our Chorus Every Wednesday 1:00pm

Like to sing? There is no fee for this program so come join the fun.

Guest Speaker Friday Fitness Fun Friday, April 1st, 2011 10:30am

Join us for First Friday Fun on April 1st at 10:30am as Elizabeth Siegert, RN, will lead the presentation on Yoga, light stretching and toning with seated options.



The Art Workshop Presents.... "Art in the Spring 2011 Exhibition" Monday, April 4th 10:30am-2:00pm

You are cordially invited to come and meet this talented group of artists and enjoy their wonderful creations. Light refreshments served.

Dinner Out - La Nuit Olive Garden

Tuesday, April 5th at 5:00pm



Save the first Tuesday of each month from April - October for Dinner Out with friends. No transportation provided. Reservation required. Any questions call Lynette at 703-347-3027.



Blood Pressure checks provided by INOVA Wed., April 6th 9:00am -12:00pm

FREE to all Senior Center Members.

Zumba Gold for Seniors A New Type of Exercise Class to the Music Classes every Wed. 9:30-10am



Zumba Gold takes the formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Sign up today 327655-01.

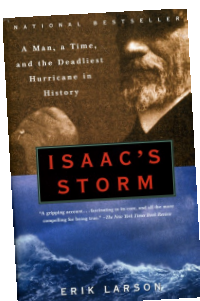


Thrift Store Shopping Bus to Resourceful Woman Store Wed., April 6th

On the 1st Wednesday of each month the bus will take you to one of the area thrift stores and back. Bus will depart from the Leesburg Senior Center at 12:45pm and return to the center at 1:55pm. Each month we will select from the list below: Twice as Nice, Resourceful Woman, Salvation Army, Blossom and Bloom and Capitol Hospice Treasures. Check the calendar for details.

Lunchtime Music Lunchtime Music with Dan Chutes Mon., April 11th 12:00pm

Come enjoy some wonderful music by Dan Chutes.



Book Club "Isaac's Storm" Author: Erik Larson Wed., April 13th

Copies of the book are available at the front desk. Pick up your copy today.

Diabetes Support Group Thurs., April 14th 11:00am

Know Your Symptoms

1. Always tired.
2. Frequent urination.
3. Sudden weight loss.
4. Wounds that won't heal.
5. Always hungry.
6. Sexual problems.
7. Blurry vision.
8. Vaginal infections.
9. Numb or tingling hands or feet.
10. Always thirsty.



One way to help yourself is to get involved in diabetes organizations. Your participation in these groups helps in a few ways. First, you meet others with some of the same problems and concerns you have. You learn from each other's experiences. You problem-solve together. You learn that you are not the only one who feels as you do or has been through what you've been through. You may even make life-long friendships.

Seniors to visit Monroe VoTech Center Thur., April 14 and 28 1pm

Leesburg Senior Activity Center will assist the Monroe VoTech Center horticulture students in transplanting Roma tomato plants at the green house in preparation for the plant sale in May.



WILLIAM
WASHINGTON
PICTURED WITH
TOMATO PLANTS



Guest Speaker Arthritis Information Session with the Arthritis Foundation Fri., April 15th 10:30am



Dance to the Music Monday, April 18th 12:30pm \$3.00/ 327692



L.P. Music by Dean Martin and Frank Sinatra
See front page for more info.



Guest Speaker Medicare Information Session

Wed., April 20th 10:30am

Do you have questions about what is covered and what is not? Are you new to Medicare? Get informed or refreshed about important insurance info during this informational session.



Celebrate your April Birthday with us!

Wednesday, April 20th
12:30pm

Please call ahead by noon before April 19th for lunch reservations.



March BIRTHDAY PARTY!

On Wednesday March 16th, 2011 the Leesburg Senior Activity Center celebrated birthdays for the following members: Front row Mi Morrison, Catherine Kesari, Angela Lawlor, Suzette Simpson, Jean Lew. Back Row Ceil Emanuel, Charlotte Benjamin, Jeanne McLaughlin, Mary Weaver, Charleen Sciolaro and Elena KryLova.



LUNCH BUNCH

Thurs., April 21st
at 11:00am

Moe's Southwest Grill - Leesburg, VA
\$1.00 Transportation fee
Lunch is on your own



Life Long Learning History Class

Wednesday, April 27th 10:00am

Are you a history buff? Keith Young, retired U.S. Navy and active lecturer on the American Civil War and WWII, will present his second class on the Civil War - interesting facts you may never have heard before including the war in New Mexico. This class will continue on consecutive Wednesdays until the material is covered—approximately 4-5 weeks.



A special thanks to Joy Wheeler for volunteering to set up the refreshments for the Snowball Dance held on Thursday, February 17.



One on One Support w/ Kathy Kehoe

Elder Case Manager of the Area Agency on Aging; by appointment; 703-737-8741. Confidential supportive counseling for aging issues.



Chorus Leader and Pianist Needed

For a NEW Chorus Program at the Senior Center

Contact 703-737-8039, ask for Trish or Cheryl

Eight Ball Pool Tournament Results:



Pictured Left to Right: David Down, 2nd place; Dan Cox, 3rd place; Bill Keller, 1st place.



Thank you to all the participants: Manou Akbari, Dan Cox, David Down, Frank Gilbert, Bill Keller, and William Washington.

Diabetes Support Group
is looking for a 6 month leader.
Please contact Cheryl if you are available.



Senior Olympics Adds Three New Events for 2011

www.nvso.us

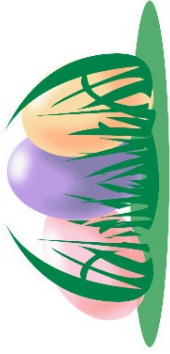
Volleyball, Badminton, and a 1600 meter run in track events will be added to the 2011 Northern Virginia Senior Olympics set to take place on September 17-28, 2011. NVSO Chairman, Betsy Bailey said, "These three events join over 25 other NVSO offered during the 10 day competition." Bailey also said that participation during the past two years has increased over 20 percent each year. "We are particularly happy to see so many new faces taking the goal of living healthy longer seriously," said Bailey.

NVSO offers both indoor & outdoor events including Diving, Tennis, Table Tennis, Racquetball, Pickleball, Bowling, Wii Bowling, Team Line Dance, Golf, Miniature Golf, Bocce, Fencing, Eightball Pool, Horseshoes, Track and Field. Board games and card games are also offered such as Chess, Cribbage, Duplicate Bridge, Bunco, Backgammon, and Scrabble.

Remember Swimming will be held at Claude Moore Recreation Center in Sterling on Friday, September 23, 2011. Registration begins in the Summer of 2011.

Please call Cheryl Wheeler at 703-771-5156 if you have any questions.

Happy Easter





Senior Activity Center at Leesburg

APRIL 2011

Open Monday—Friday 8:30am—5:00pm



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2011 Art Exhibit Monday, April 4th 10:30am-2pm</p> <p>Meet this talented group of artist and enjoy their creations.</p>  <p>Light refreshments served</p>	<p> Thrift Store Shopping Wed. April 6th 12:45pm</p> <p>Bus trip to Resourceful Woman in Leesburg</p>	<p>Dance To The Music of Frank and Dean Mon., April 18 12:30pm \$3.00/ RR Dance to recorded music of Frank Sinatra and Dean Martin.</p>  <p>Reminisce with a Live Performance from Peggy and Dean.</p>	<p>Loudoun Vintage Golf Senior Golf League that plays on Mondays starting April 4th until the end of Oct. For more info. Call Dan McNiel 540-338-7603 dan.mcniel@loudoun.gov</p>  <p>Cost \$35 for residents \$55. non-residents 362182</p>	<p>1 First Friday Fun! 8:30am Table Tennis 9:00am Coffee Chat 9:00am Crochet Club 9:00am Stitch 'n B Club 9:30am Spanish Workshop 10:30am First Friday Fun RR 12 noon Lunch-RR-Donation 12:45pm Bingo with Gail 12:45pm Pinochle 1:00pm Loudoun Bridge Buffs 2:00pm Wii and Popcorn</p>
<p>4 Art Exhibit 9:00am Sewing & Stitch-in 10:30am Art Exhibition 10:30am Bid Whist 10:30am Giant Crossword Puzzle 10:45am Tai Chi with Sucha 12 noon Lunch-RR-Donation 12:30pm Stretch & Tone 12:45pm Pinochle & Mahjongg 1:00pm Bowling 2:00pm Rummikub</p>	<p>5 Dinner Out 9:00am Beginners Bridge RR 9:00am Coffee Chat 10:00am Texas Hold'em 10:00am Beginners Spanish RR 10:00am Euchre 10:30am Yoga with Nargis 12 noon Lunch-RR-Donation 12:30pm Shopping at Target 1:00pm Party Bridge 1:00pm Wii Bowling League 5:00pm Dinner out at Olive Gardent RR</p>	<p>6 Inova Van  Thrift Store Shopping 9:00am Coffee Chat 9:00am Inova Health Van 9:30am Zumba Gold RR 10:00am Internet Comp. Basic RR 10:30am Hearing Aid Help 10:30am Bible Study w/ Bill 12 noon Lunch-RR-Donation 12:45pm Bus to Resourceful Woman Store in Leesburg 1:00pm Line Dancing 2:00pm Social Dance</p>	<p>7 Advisory Board 9:00am Coffee Chat 9:30am Yoga and Laughter 10:00am Texas Hold'em 10:00am Goose Creek Bridge 10:30am Euchre 11:00am Stretch & Tone w/ Mary 12 noon Lunch-RR-Donation 12:30pm Mahjongg & Pinochle 2:00pm Leesburg Senior Activity Center Advisory Board Meeting</p>	<p>8 8:30am Table Tennis 9:00am Coffee Chat 9:00am Crochet Club 9:00am Stitch 'n B Club 9:30am Spanish Workshop 12 noon Lunch-RR-Donation 12:45pm Bingo with Gail 12:45pm Pinochle 1:00pm Loudoun Bridge Buffs 2:00pm Wii and Popcorn 8:00pm Beaux & Belles—Let's Dance</p>

11 Lunchtime Music 9:00am Sewing & Stitch-in 9:30am Investors Discussion 10:30am Bid Whist 10:30am Giant Crossword Puzzle 10:45am Tai Chi with Sucha 12:00pm Lunchtime Music with Dan Chutes 12 noon Lunch-RR-Donation 12:30pm Stretch & Tone 12:45pm Pinochle & Mahjongg 1:00pm Bowling 1:00pm Art Studio 2:00pm Rummikub	12 9:00am Coffee Chat 9:00am Beginners Bridge RR 10:00am Euchre 10:00am Texas Hold'em 10:00am Beginners Spanish RR 10:30am Yoga with Nargis 12 noon Lunch-RR-Donation 12:30pm Shopping at Marshalls 1:00pm Party Bridge 1:00pm Wii Bowling League	13 Book Club 9:00am Coffee Chat 9:30am Zumba Gold RR 10:00am Book Club 10:00am Internet Comp. Basic RR 10:30am Bible Study w/ Bill 12 noon Lunch-RR-Donation 1:00pm Line Dancing 2:00pm Social Dance	14 Diabetes Support Plant Propagation 9:00am Coffee Chat 9:30am Yoga and Laughter 10:00am Texas Hold'em 10:00am Goose Creek Bridge 10:30am Euchre 11:00am Stretch & Tone w/ Mary 11:00am Diabetes Support 12 noon Lunch-RR-Donation 12:30pm Mahjongg & Pinochle 1:00pm Plant Propagation RR 1:30pm Chess Club	15 Guest Speaker 8:30am Table Tennis 9:00am Coffee Chat 9:00am Crochet Club 9:00am Stitch'n B Club 9:00am Ceramics 9:30am Spanish Workshop 10:30am Guest Speaker—Arthritis Info Session 12 noon Lunch-RR-Donation 12:45pm Bingo with Gail 12:45pm Pinochle 1:00pm Loudoun Bridge Buffs 2:00pm Wii and Popcorn
18 Dance to the Music 9:00am Sewing & Stitch-in 9:00am Ceramics 10:30am Bid Whist 10:45am Tai Chi with Sucha 12 noon Lunch-RR-Donation 12:30pm Dance to the Music RR 12:45pm Pinochle & Mahjongg 1:00pm Bowling 1:00pm Art Studio 2:00pm Rummikub	19 9:00am Coffee Chat 10:00am Euchre 10:00am Beginners Spanish RR 10:00am Texas Hold'em 10:30am Yoga with Nargis 12 noon Lunch-RR-Donation 12:30pm Shopping at Wegmans 1:00pm Party Bridge 1:00pm Wii Bowling League	20 Guest Speaker April B-Day 9:00am Coffee Chat 9:30am Zumba Gold RR 10:00am Internet Comp. Basic RR 10:30am Guest Speaker—Medicare Info Session RR 10:30am Bible Study w/ Bill 12 noon Lunch-RR-Donation 12:30pm April B-day Party RR 1:00pm Line Dancing 2:00pm Social Dance	21 Lunch Bunch Chess Club 9:30am Yoga and Laughter 10:00am Texas Hold'em 10:00am Goose Creek Bridge 11:00am Stretch & Tone w/ Mary 11:00am Lunch Bunch—RR Moes Southwest Grill 12 noon Lunch-RR-Donation 12:30pm Mahjongg & Pinochle 1:30pm Chess Club 6:30pm Caregiver Phone Support	22 8:30am Table Tennis 9:00am Crochet Club 9:00am Stitch'n B Club 9:00am Ceramics 9:30am Spanish Workshop 12 noon Lunch-RR-Donation 12:45pm Bingo with Gail 12:45pm Pinochle 1:00pm Loudoun Bridge Buffs 8:00pm Beaux & Belles—Clubs 52nd Anniversary Dance Guest Caller
25 WHITE ELEPHANT 9:00am Sewing & Stitch-in 9:00am Ceramics 9:30am Investors Discussion 10:30am Bid Whist 10:30am Giant Crossword Puzzle 10:45am Tai Chi with Sucha 12 noon Lunch-RR-Donation 12:30pm White Elephant Bingo 12:45pm Pinochle & Mahjongg 1:00pm Art Studio 1:00pm Bowling 2:00pm Rummikub	26 9:00am Coffee Chat 10:00am Euchre 10:00am Beginners Spanish RR 10:00am Texas Hold'em 10:30am Yoga with Nargis 12 noon Lunch-RR-Donation 12:30pm Shopping at Wal-Mart 1:00pm Party Bridge 1:00pm Wii Bowling League	27 History class 9:00am Coffee Chat 9:30am Zumba Gold RR 10:00am Internet Comp. Basic RR 10:00am Guest Speaker—History Class RR 10:30am Current Events 10:30am Bible Study w/ Bill 12 noon Lunch-RR-Donation 1:00pm Line Dancing 2:00pm Social Dance	28 Plant Propagation 9:00am Coffee Chat 9:30am Yoga and Laughter 10:00am Texas Hold'em 10:00am Goose Creek Bridge 10:30am Euchre 11:00am Stretch & Tone w/ Mary 12 noon Lunch-RR-Donation 12:30pm Mahjongg & Pinochle 1:00pm Plant Propagation RR	29 8:30am Table Tennis 9:00am Coffee Chat 9:00am Crochet Club 9:00am Stitch'n B Club 9:00am Ceramics 9:30am Spanish Workshop 12 noon Lunch-RR-Donation 12:45pm Bingo with Gail 12:45pm Pinochle 1:00pm Loudoun Bridge Buffs 2:00pm Wii and Popcorn

RR—Reservations Required



2011 Virginia Senior Games
May 5-8, 2011 in Richmond VA
Registration Ends April 15, 2011
 Information available at
www.VirginiaSeniorGames.org



TAX ASSISTANCE

HELP IS ON THE WAY

The Loudoun County Area Agency on Aging, in cooperation with the IRS, is sponsoring a VITA Tax Assistance Program offering tax preparation assistance from February 18 thru April 11, 2011. You are eligible for this assistance if your income is \$49,000 or less and you file standard tax forms.

Clients will be served on a "walk-in" basis—no appointments will be made—from 10:00am to 2:00pm, on Mondays and Fridays only, at the Rust Library in Ida Lee Park at 380 Old Waterford Road, Leesburg, VA 20175.

You must bring the following to the Rust Library:

1. A Photo ID.
2. Social Security cards for all persons claimed on the tax return.
3. A copy of the 2009 federal tax return.
4. All W-2 forms and statements from social security, welfare, retirement, unemployment income, or other income.
5. Medical, tax, interest statements, and other deduction information if you plan to itemize.

The VITA site will be closed when Loudoun County Public Schools are closed due to inclement weather.



**LOUDOUN
VINTAGE GOLF**
Cost \$35/residents
\$55/non-residents

Start Date: April 4th at River Creek

Description: This is a Senior Golf League that plays on Mondays starting in April until the end of October. We have reduced fees at local golf

courses such as: Stoneleigh, South Riding, Raspberry Falls, Hidden Creek CC and many others. You can play as many times or as few times as you wish throughout the year. You pay the greens fees when you arrive for play.

We will have tournaments and a year end banquet. Come out and join the fun!!

Contact Dan McNiell at 703-771-5211 or email dan.mcniell@loudoun.gov

The Loudoun Bridge Buffs have accomplished Master Points as follows:

Unit 218 Mini McKenney Awards:

0 to 5 Masterpoint Race: Ranked 5th—Nathalie Kay— 28.97 points

5 to 20 Masterpoint Race: Ranked 7th—Joy Brown— 28.57 points

20-50 Masterpoint Race: Ranked 1st— Sheryl McEwan— 115.20 points

20-50 Masterpoint Race: Ranked 2nd— Margaret Mastran— 71.65 points

50-100 Masterpoint Race: Ranked 5th— Jan Rusu— 72.84 points

100-200 Masterpoint Race: Ranked 3rd— Dennis Sponholtz— 140.47 points

100-200 Masterpoint Race: Ranked 9th— William Pruett— 99.91 points

100-200 Masterpoint Race: Ranked 10th— Shirley Prikals— 94.20 points

200-300 Masterpoint Race: Ranked 4th— Sara Hilgartner— 105.03 points

200-300 Masterpoint Race: Ranked 10th— Jack Rakowski— 83.63 points

500-1000 Masterpoint Race: Ranked 7th— Betsy Eliot— 161.67 points

2010 Ace of Clubs Standings

0-5 Nathalie Kaye—28.09

5-20 Joy Brown—21.42

50-100 Jan Rusu—41.80

100-200 William Pruett—58.67

200-300 Sara Hilgartner—56.16

200-300 Jack Rakowski—45.55

500-1000 Betsy Eliot—97.02

Coming in May

5/4 Bus to the Senior Expo

5/9 Mother's Day Luncheon with Violinist

5/27— Celebrate You— Volunteer Event by invitation only.

Happy Easter



APRIL 2011 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reservation Required: Reserve Your Lunch at least 24 hours before the day you would like to attend. Call 703-737-8039	Cost of Meal \$4.00 for Adults ages 55-59 years old. By Donation for Adults ages 60 and up.	Lunch Served at 12:00 Noon in the Dining Room Leesburg Senior Center 1 st Floor 215 Depot Court SE, Leesburg, VA 20175	 <i>Menu Subject to change due to the availability of products</i>	1. Salisbury Steaks Whipped Potato Vegetable Blend Roll Fruit Milk 
4. Stuffed Cabbage Whipped Potatoes Vegetable Medley Roll Fruit Milk 	5. Chicken Fillets Macaroni/ Cheese Spinach Roll Fruit Milk 	6. Ham & Cheese Sandwich Chicken and Rice Soup Chips Fruit Milk 	7. Escalloped Chicken and Noodles Green Beans Roll Fruit Milk 	8. Spaghetti/ Meat-sauce Tossed Salad Garlic Bread Fruit Milk 
11. Fried Chicken Drumsticks Scalloped Potatoes Mixed Vegetables Fruit Roll Milk 	12. Lasagna Garden Salad Roll Fruit Milk 	13. Pork Chops Baked Potato Glazed Apples Fruit Roll Milk 	14. Roast Beef Parslied Potatoes Roll Fruit Milk 	15. Baked Fish Delmonico Potatoes Veggie Blend Fruit Roll Milk 
18. Chili Rice Broccoli Roll Fruit Milk 	19. Hot Dog on bun Baked Beans Greens Fruit Cobbler Milk 	20. Sliced Turkey Sandwich Soup Chips Fruit Milk 	21. Meatloaf Whipped Potatoes Vegetable Medley Roll Fruit Milk 	22. Chicken Patty Sandwich Broccoli/Cheese Soup Chips Fruit Milk 
25. Baked Ham Sweet Potato Green Beans Roll Fruit Milk 	26. BBQ Chicken Baby Baked Potato Mixed Vegetable Roll Fruit Milk 	27. Beef Stew Noodles Vegetable Medley Roll Fruit Milk 	28. Italian Sausage Cabbage Potatoes Roll Fruit Milk 	29. Vegetarian Egg Rolls Oriental Rice Vegetable Medley Roll Fruit Milk <div style="background-color: black; color: white; padding: 5px; text-align: center;"> NO MEAT </div>

Dulles South Senior Activity Center

DULLES SOUTH SENIOR ACTIVITY CENTER

24950 Riding Center Dr.
South Riding, VA 20152

571-258-3883

Please contact the Dulles
Senior Activity Center for
information about Special
Events for seniors

SPECIAL EVENTS

Car-Fit Event

Friday, April 8th, 2011
9am-12 noon

Free 12 point screening.
Just 20 minutes and you
will drive away with car
adjustment recommenda-
tions for safe driving. Call
703-771-5698 to schedule
a FREE appointment.

Family Potluck/Mudra Arts Center Performance

Thurs., April 21, 2011
5:30pm-8:30pm

Join us for dinner with your
family and friends. Bring a
dish and drink to share.
Bring utensils for your dish.
After dinner we will be en-
tertained with traditional
Indian arts.

Lunch Bunch

Wed., April 27, 2011
10:45am-3:00pm

Take a ride with your
friends to "Country Buffet".
Transportation fee and
lunch are your responsibil-
ity.

Birthday Celebration Thurs., April 28, 2011 12:30pm-2pm

We will celebrate all March
birthdays.



Yoga for Seniors w/ Marilyn

Mon. Wed. & Fri., 11am
Thursday 10:00am

Enjoy the benefits of a life
with YOGA. This class prac-
tices yoga while seated in a
chair for the benefit of all
seniors. Improve your
strength, balance & flexibil-
ity in this class. Try Laugh
Yoga, you will leave this
activity with a smile on your
face.

Ping Pong Clinic

Mon. & Fri. 10:30am

Sign-up & learn the ins &
outs of 'table tennis' Re-
member the good ole days
of the family ping pong table
in the rec room. GREAT
exercise & really fun. Learn
the game & then enjoy play-
ing ping pong with friends.

Tai-Chi 24 w/ Friends Tues & Wed. 10:00am

You will enjoy this very au-
thentic form of exercise
from China.

Line Dance w/ Sucha

Every Tues. 11:00am
Consider performing locally
with the group that com-
peted in Sr. Olympics in
NOVA 2010.

English Chat

Every Tues., & Wed. 1pm
For those working on im-
proving communication
skills in English.

Crafting Together

Every Wed., 10:30am

If you knit, sew, crochet or
maybe general crafting is
your thing, friends with like
minds meet to work and
share new ideas.

Yoga with Marilyn

Every Thur., 11:00am

Traditional Yoga. Please bring
your Yoga mat.

Mahjongg

Please inquire at Center

Learn the traditional or Wright
Patterson way of playing this
ancient Chinese tile game.

Computer w/ Alfred

Tues. 10:30am-1:00pm

Computer Help

Art Forum with Clara

Every Thurs. 1:00pm

List of supplies avail. from
instructor. Class size limit.

Shopping at Kmart

Every Monday 1:00pm

Prayer Meeting

Mon-Fri. 10:30am-11am

Group meets in conference
room. All welcome.

Library Outreach Services

2nd Fri. 11am

LCPL visits D.S.S.A.C. for a
monthly book/tape/CD ex-
change. Participants are wel-
come to borrow books, etc.
from the centers ever-growing
library.

Advisory Board Meeting

1st Tues. 1:00pm

Meetings to fulfill the mission
of the senior center.

Nutrition and Healthy Aging Wed., 10:30am

Make an appointment today
and meet with a health profes-
sional to discuss healthy ag-
ing and nutrition in your life.
This program is offered FREE
of charge.

One-on-One Support with Kathy Kehoe

2nd & 4th Wed.

12:30-2:30pm

Elder Case Manager of
the Agency on Aging.
Confidential, supportive
counseling for aging is-
sues. A sign up sheet is
avail. in staff office; or call
Kathy for questions about
your appointment. 703-
737-8741.

Loudoun Mobile Health Services

3rd Tues. 11:00am

Stop by and have your
blood pressure and heart
rate monitored monthly.

Games Galore Daily 11:30am

Start your weekend out
right....PLAY. Jump start
vocabulary with a good
game of Scrabble, DOMI-
NOES (all types) RUMMI-
KUB, Mah Jongg, etc.

Ann's Desk:

If you are bored and suf-
fering from cabin fever,
you need to stop by the
center on a Tuesday about
10:00 a.m. We offer a
wonderful Tai Chi class
followed by a great line
dance class. The class is
taught by none other than
Sucha Collins as an exten-
sion of Mrs. Lois Petty's
line dance class in Lees-
burg. The music is fabu-
lous and the dance they
are just beginning to learn
is the next "Electric Slide"
as danced at every wed-
ding reception you have
been to in the past 10
years! Come in and learn
this new group dance
"Shuffle Boogie Soul". It is
a great time to come in to
your local center. Please
stop by Monday through
Friday 9-5.

Adult Day Centers - Leesburg & Purcellville



ADULT DAY CENTER AT LEESBURG
Manager, Cheryl Flowers 703-771-5334

Adult Day Centers provide activities and services for seniors with memory problems or various physical needs. These services provide a safe, social environment, therapeutic activities, individualized personal care; adults are assisted to maintain and enjoy their independence and abilities.

Assisting these sen-

iors throughout the day provides caregivers well deserved time for respite. Sliding-scale fees apply. Limited door to door transportation is available to and from the center in Leesburg to Leesburg, Sterling and Ashburn areas, and from the center in Purcellville to Purcellville, Round Hill, Hamilton and other surrounding areas.



ADULT DAY CENTER AT CARVER
Manager,
Megan Carriere
571-258-3402

For questions about the Leesburg Adult Day Center call 703-771-5334, or Carver Adult Day Center at 571-258-3402.

View our Adult Day Center video on our AAA website; go to www.loudoun.gov/adulday

Support Groups

Alzheimer's Caregiver Support Groups

Adult Day Center - Carver 200 Willie Palmer Way, Purcellville, VA 20132
 Every Third Tuesday from 12:30-1:30pm.

Galilee United Methodist Church
 45425 Winding Road, Sterling, Virginia 20165
 Second Monday of each month 7:00p.m.

Contact Dee Steubing at 703-430-9229

For information on Alzheimer's Support Groups outside Loudoun County please call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or toll-free 1-800-272-3900 or online www.alz.nca.org

*JOURNEY TO THE
BETTER HALF OF LIFE*

Label Here

Happy Easter



***April 2011
Happy Easter***

Senior Activity Center at Leesburg

April 1 - Guest Speaker

April 4 - Art Exhibit

April 5 - Dinner Out

April 6 - Inova Health Van

April 6 - Thrift Store Shopping



April 7 - Leesburg Senior Activity Center Advisory Board Meeting

April 11 - Lunchtime Music with Dan Chutes

April 13 - Book Club

April 14 - Diabetes Support Group

April 14, 28 - Plant Propagation

April 15 - Guest Speaker

April 18 - Dance to the Music RR

April 20 - Guest Speaker

April 20 - April Birthday Party RR

April 21 - Lunch Bunch RR

April 25 - White Elephant Bingo

April 27 - History Class

RR - Registration Required

If you would like to be a contributor to the Silver Star and have information newsworthy to seniors, submit to Jackie Mayne @ 703-777-0358—215 Depot Court, SE, Leesburg, VA 20175 or via e-mail at jackie.mayne@loudoun.gov. Deadline for material is the 5th of the previous month. No publication guarantee. Submissions are reviewed for content suitability, and may be edited for content and space. Items submitted will not be returned.